1: Do You Listen To Your Body's Signals? | The Responsive Universe

The Responsive Body has 3 ratings and 0 reviews. Choreographer, teacher and the former artistic producer of the Canada Dance Festival Brian Webb encourag.

In , million prescriptions for painkillers, such as Vicodin , OxyContin , and Opana, were written in the U. When used improperly, these legal opioid drugs can present some of the same risks as illicit heroin sold on the street. While , people in the U. Abuse of opiates, whether prescription painkillers or heroin, can have a serious impact on your health. In addition to the hazards of overusing opioid painkillers, sharing needles for the injection of heroin or injecting crushed pills poses its own dangers. These substances and practices can affect almost every part of your body, potentially leading to permanent damage to your health. Read on to learn how the human body reacts to abuse of opiates and heroin. A multitude of health consequences can accompany long-term opiate abuse, but many of the dangers are seen more acutely. Even a first time user can experience respiratory arrest, for example. Opiate abuse treatment can put a stop to the risks of continued use and address health issues that may have already arisen. Place a confidential call to Who Answers? The Effects of Opiates on the Brain Opiate painkillers are known to have side effects such as daytime sleepiness, which could consequently require additional stimulant medication to counteract. The long-term use of painkillers was also found to be associated with a heightened risk of developing major depression: Patients using painkillers in excess of six months had more than a 50 percent greater chance of developing a depressive episode. The Effects of Opiates on the Respiratory System Overdosing on opioid painkillers or heroin can lead to respiratory depression, a slowing of breathing. At sufficient doses, respiratory arrest can deprive the brain and body tissues of oxygen. This can easily prove fatal, or result in debilitating organ system injury. The Effects of Opiates on the Digestive System Opiates affect the muscles of the digestive system, leading to constipation due to a slowing of digestive transit. The slowed gastrointestinal motility and chronic constipation associated with opiate abuse can also place users at heightened risk for more serious conditions, such as small bowel obstruction, perforation and resultant peritonitis. Nausea also occurs frequently in many users of opioids, along with sudden, uncontrollable vomiting; antiemetic medication may be required in order to treat this. The Effects of Opiates on the Nervous System Surprisingly, the chronic use of opioid painkillers can lead to the development of hyperalgesia, a syndrome of increased sensitivity to pain. The Effects of Opiates on the Immune System Opioid painkillers are known to be associated with suppression of the immune system, as opioid receptors are involved with regulation of immunity. The Effects of Opiates on the Liver Because many opioid painkillers are combined with acetaminophen, excessive use of these drugs can cause liver damage from acetaminophen toxicity. Damage to the liver from acetaminophen toxicity is an undeniable risk of taking excessive doses of many prescription painkillers such as Lortab, Norco and Vicodin. The Effects of Injecting Opiates Illicit street drugs such as heroin are frequently diluted and can contain contaminating and infectious particles. The injection of contaminated heroin can lead to infections entering the blood and reaching the lining of the heart, causing endocarditis, an inflammation of this lining. As street heroin can be cut with any number of impurities, these contaminating particles can travel through the body and become trapped in small capillaries, resulting in microembolism or clots, which can cut off blood flow and cause progressive damage to various organs. Intravenous administration of opiates can lead to inflammation, infection and abscess formation at the site of injection. Repeated injections can also lead to cumulative vein damage, which may eventually cause veins to collapse. Sharing needles when injecting heroin or crushed pills can spread a number of bloodborne pathogens, including the hepatitis C virus â€" one of the largest causes of chronic liver disease â€" as well as the lung infection tuberculosis. Facing Opiate Addiction Opiate painkillers and heroin are among the most addictive drugs, and the consequences of abusing these drugs can be deadly. In , the CDC estimated that 46 people died from overdoses of prescription painkillers every day. If you or someone you know is struggling with an addiction to prescription painkillers or heroin, contact Rehabs. With the proper opiate help and treatment , you can escape the trap of addiction and get your life back.

2: Body Language Mindfulness | The Responsive Universe

Padma Gordon is a Spiritual Luminary, Embodied Mindfulness Counselor, movement educator, mother, writer and lover of life who skillfully guides people to deepen their connection to body, heart and.

But after sitting in the first worship service I knew we found our church home. Everything about the service was centered on the Gospel and Scripture. Most churches focus on the preaching and singing of the Word and are content to show Scripture on a screen during a sermon, but at times the reading and praying of the Word is neglected to the detriment of the church body. The absence of the reading and praying of the Word is a lost opportunity for the growth of the believer as they read, ingest, process, and respond to the grace of God shown in Scripture. A helpful way to leverage the Scripture in corporate worship for good is in the form of responsive reading. Responsive reading is when a leader reads a portion of a text and the church body participates and joins in at another section of the text. Another term used is "call and response. Biblical Worship is a response. When we gather together the body should be responding together as much as possible to God and his truth. The church body worships together as one when they respond to Scripture as one. Scripture itself points to examples of call and response that indicates a practice of responsive reading; Psalms 20 and show an interchange between a leader and respondent. The biblical practice of responsive reading reoriented Israel in worship to the One True God and continues to reorient the church as Gospel truths are responded to in Worship. Historical We also see the use of responsive readings through the history of the church. Many early writers consider this singing "with one voice" as itself a testimony to the unity of members within the body. The words could be both psalms and hymns, often sung responsorally. Not only did the early churched practice it, but the protestant reformers did as well. In his pamphlet Concerning the Order of Public Worship of Martin Luther prescribes the order of service for the church in Wittenberg and utilities responsive readings during communion, Scripture, and benediction. John Calvin also utilized responsive readings in corporate worship. The tradition has continued throughout the life of the church. You can even find it in the back of Baptist Hymnals! They have contained responsive readings since they have been published. Participatory The practice of responsive reading encourages the congregation to cease being passive spectators but to be active participants in the service itself. Responsive reading is not an empty liturgy, but a living liturgy because it is a response to the living God who is with us. When done right responsive readings take an individual through the process of seeing their utter need of a Savior to running into the arms of their only Savior Jesus Christ. Throughout the process one is shown the glory of God in the face of Jesus Christ and cannot help but fall deeper in love. Instructional An important aspect of participation is instruction. Topics such as sin, depravity, atonement, justification, sanctification, resurrection, glorification, hope, are being heard, processed, and responded to. When done correctly, responsive reading should instruct and impact the congregation with the Gospel and are eventually memorized or embedded in the minds and hearts of the people. Responsive readings not only assist in the reading and praying of Scripture, but also are of value in that they are biblical, historical, participatory, and instructional for the life of the church. They help to reorient and draw the church into a deeper love of God as they focus on the the character and work of our Triune God as revealed in Scripture. Resources for Responsive Reading: The Valley of Vision. A fantastic resource that is chocked-full of Scripture and Gospel Truth. This collection of Puritan prayers gets a lot of use at Redeemer Fellowship. A brief instructional resource to help Pastors lead the people of God well in worship. It first sets a theology of worship before heading into planning and leading different aspects of worship from reading, praying and singing Scripture to ordinances. Note that most hymnals have a responsive reading section in them. Jim Fowler Jim Fowler is married to Michelle and they have three beautiful children: Cohen, Elias, and Arianna. You can follow Jim on Twitter and Instagram at jfowler

3: Responsive Classroom

The Responsive Body: A Language of Contemporary Dance [Brian Webb] on www.enganchecubano.com *FREE* shipping on qualifying offers. This is an eclectic collection of essays on contemporary dance theory and contemporary dance choreographers in Canada.

The issue for many women is the order in which desire and arousal flow. Getting there may require working through their own personal myths, fears, body hatred, shame, and the assumptions they may hold about sexuality. In large part, the biggest speed bump many women face, especially in midlife, is this myth: If you are not walking around turned on and wanting sex, then you have "low sexual libido" and you are in some way sexually broken. But what if their sexuality does not work that way? My experience working with hundreds of women at my "Back to the Body: What these women eventually learn is that this belief they, and perhaps their partners, have been holding about their sexuality is hogwash. And even more, that their erotic potential can be quite enormous once they figure out their own key to turning themselves on. Surprising New Science That Will Transform Your Sex Life, is offering some wonderful new language to help us articulate to women and their lovers what is going on, making a distinction between spontaneous and responsive arousal. Researchers have begun to understand that sexual response is not the linear mechanism they once thought it was. Desire first, then arousal. But it turns out many people perhaps especially women often experience desire as responsive, emerging in response to, rather than in anticipation of, erotic stimulation. Arousal first, then desire. Both desire styles are normal and healthy. Neither is associated with pain or any disorder of arousal or orgasm. Women can learn how to "turn on" their own "arousal response" through some very simple practices and an understanding of their own erotic nature. But the fact is, most women are never introduced to their own arousal and skip this in their rush to get to sexual intercourse and orgasm. I love how Emily states my exact experience with many of the women who show up to me on a daily basis: What these women need is not medical treatment, but a thoughtful exploration of what creates desire between them and their partners. This is likely to include confidence in their bodies, feeling accepted, and not least explicitly erotic stimulation. Here is the thing about great sex and female desire: The psychology of female desire has very little to do with sexual prowess. For women who have responsive sexual desire which is an extraordinarily large number , it can be really important that they feel sexually desired. This is why so many people are addicted to what is known as "New Relationship Energy. Women with responsive sexual desire really want you to want them and require erotic stimulation in order to first feel arousal then desire for sex. The woman is being chased after by a lover who wants them madly. Go on, make the rest of the story up. Female directed erotica or porn is usually all about "the lover" wanting the woman so much that they would "take her". Once again, sexuality is not politically correct, nor can it be "turned on" with a pill. D may have said it be best: Women with responsive sexual desire will probably not think of sex or get "turned on" without their lover or some stimulation such as erotica prompting them. And this is completely normal for countless women. How can you show her that you desire her? Use all your tools. Your words, your presence, your attention, your actions, and your body. Women with responsive sexual desire need attention. Read chapters of erotic books to each other, or look at sexy photographs or watch erotic movies with each other before initiating sex. Use technology to flirt and express desire to stimulate her sexual response. Yes, to texting, private messages, or flirty responses on social platforms such as "Facebook". Let her know that you love her body. Tell her this more than you think you need to. Women carry way too much body shame, and you can turn her on by supporting her in feeling beautiful in her body. Try on some of these "arousal" tools" and you might find a turned on, wild and free -- ready to play sex goddess.

Responsive images are images that scale nicely to fit any browser size. Using the width Property If the CSS width property is set to %, the image will be responsive and scale up and down.

Importance of iron regulation[edit] Structure of Heme b ; "Fe" is the chemical symbol of iron, "II" indicates its oxidation state. Iron is an essential bioelement for most forms of life, from bacteria to mammals. Its importance lies in its ability to mediate electron transfer. In the ferrous state, iron acts as an electron donor , while in the ferric state it acts as an acceptor. Thus, iron plays a vital role in the catalysis of enzymatic reactions that involve electron transfer reduction and oxidation, redox. Proteins can contain iron as part of different cofactors , such as iron-sulfur clusters Fe-S and heme groups, both of which are assembled in mitochondria. Cellular respiration Human cells require iron in order to obtain energy as ATP from a multi-step process known as cellular respiration, more specifically from oxidative phosphorylation at the mitochondrial cristae. Iron is present in the iron-sulfur clusters and heme groups of the electron transport chain proteins that generate a proton gradient that allows ATP synthase to synthesize ATP chemiosmosis. Heme groups are part of hemoglobin , a protein found in red blood cells that serves to transport oxygen from the lungs to the tissues. Heme groups are also present in myoglobin to store and diffuse oxygen in muscle cells. Hemoglobin and myoglobin The human body needs iron for oxygen transport. Oxygen O2 is required for the functioning and survival of nearly all cell types. Oxygen is transported from the lungs to the rest of the body bound to the heme group of hemoglobin in erythrocytes. In muscles cells, iron binds myoglobin , which regulates its release. Toxicity[edit] Iron is also potentially toxic. Its ability to donate and accept electrons means that it can catalyze the conversion of hydrogen peroxide into free radicals. Free radicals can cause damage to a wide variety of cellular structures, and ultimately kill the cell. Also, there are virtually no truly free iron ions in the cell, since they readily form complexes with organic molecules. However, some of the intracellular iron is bound to low-affinity complexes, and is termed labile iron or "free" iron. Iron in such complexes can cause damage as described above. This binding allows cells to benefit from iron while also limiting its ability to do harm. In mammalian cells, intracellular labile iron concentrations are typically smaller than 1 micromolar, less than 5 percent of total cellular iron. Most bacteria that cause human disease require iron to live and to multiply. In response to a systemic bacterial infection, the immune system initiates a process known as iron withholding. If bacteria are to survive, then they must obtain iron from their environment. Disease-causing bacteria do this in many ways, including releasing iron-binding molecules called siderophores and then reabsorbing them to recover iron, or scavenging iron from hemoglobin and transferrin. The harder they have to work to get iron, the greater a metabolic price they must pay. That means that iron-deprived bacteria reproduce more slowly. So our control of iron levels appears to be an important defense against most bacterial infections; there are some exceptions however. TB causing bacterium can reside within macrophages which are an iron rich environment and Borrelia burgdorferi utilises manganese in place of iron. People with increased amounts of iron, like people with hemochromatosis, are more susceptible to some bacterial infection. Since the liver produces hepcidin in response to inflammatory cytokines , hepcidin levels can increase as the result of non-bacterial sources of inflammation, like viral infection, cancer, auto-immune diseases or other chronic diseases. When this occurs, the sequestration of iron appears to be the major cause of the syndrome of anemia of chronic disease , in which not enough iron is available to produce enough hemoglobin-containing red blood cells. In iron deficiency, the bone marrow produces fewer blood cells, and as the deficiency gets worse, the cells become smaller. The reserves of iron in industrialized countries tend to be lower in children and women of child-bearing age than in men and in the elderly. Iron deficiency first affects the storage iron in the body, and depletion of these stores is thought to be relatively non-symptomatic, although some vague and non-specific symptoms have been associated with it. Since iron is primarily required for hemoglobin, iron deficiency anemia is the primary clinical manifestation of iron deficiency. Iron-deficient people will suffer or die from organ damage well before cells run out of the iron needed for intracellular processes like electron transport. Macrophages of the reticuloendothelial system store iron as part of the process of breaking down

and processing hemoglobin from engulfed red blood cells. Iron is also stored as a pigment called hemosiderin which is an ill-defined deposit of protein and iron, created by macrophages where excess iron is present, either locally or systemically for example among people with iron overload due to frequent blood cell destruction and transfusions. If the systemic iron overload is corrected, over time the hemosiderin is slowly resorbed by macrophages. Mechanisms of iron regulation[edit] Human iron homeostasis is regulated at two different levels. Systemic iron levels are balanced by the controlled absorption of dietary iron by enterocytes , the cells that line the interior of the intestines , and the uncontrolled loss of iron from epithelial sloughing, sweat, injuries and blood loss. In addition, systemic iron is continuously recycled. Cellular iron levels are controlled differently by different cell types due to the expression of particular iron regulatory and transport proteins. Dietary iron uptake[edit] The absorption of dietary iron is a variable and dynamic process. The efficiency with which iron is absorbed varies depending on the source. Generally the best-absorbed forms of iron come from animal products. Heme iron in animals is from blood and heme-containing proteins in meat and mitochondria, whereas in plants, heme iron is present in mitochondria in all cells that use oxygen for respiration. Like most mineral nutrients, the majority of the iron absorbed from digested food or supplements is absorbed in the duodenum by enterocytes of the duodenal lining. These cells have special molecules that allow them to move iron into the body. It the iron is bound to Heme it is instead transported across the apical membrane by Heme carrier protein 1 HCP1. In contrast, ferroportin is post-translationally repressed by hepcidin , a amino acid peptide hormone. The body regulates iron levels by regulating each of these steps. For instance, enterocytes synthesize more Dcytb, DMT1 and ferroportin in response to iron deficiency anemia. The body also absorbs less iron during times of inflammation , in order to deprive bacteria of iron. Recent discoveries demonstrate that hepcidin regulation of ferroportin is responsible for the syndrome of anemia of chronic disease. Iron recycling and loss[edit] Most of the iron in the body is hoarded and recycled by the reticuloendothelial system, which breaks down aged red blood cells. In contrast to iron uptake and recycling, there is no physiologic regulatory mechanism for excreting iron. People lose a small but steady amount by gastrointestinal blood loss, sweating and by shedding cells of the skin and the mucosal lining of the gastrointestinal tract. TFR1 has a fold higher affinity for transferrin-bound iron than TFR2 and thus is the main player in this process. Iron from this pool can be taken up by mitochondria via mitoferrin to synthesize Fe-S clusters and heme groups. The latter two are especially important since systemic iron levels depend upon them. There is only one known iron exporter, ferroportin.

5: CME Responsive Reading Christian Unity

"Responsive design" refers to the idea that your website should display equally well in everything from widescreen monitors to mobile phones. It's an approach to web design and development that eliminates the distinction between the mobile-friendly version of your website and its desktop counterpart.

Reason being, the viewport height and width continually change from device to device. Website layouts need to adapt to this change and fixed values have too many constraints. Fortunately, Ethan pointed out an easy formula to help identify the proportions of a flexible layout using relative values. The result is the relative width of the target element. Below we have a parent division with the class of container wrapping both the section and aside elements. The goal is to have have the section on the left and the aside on the right, with equal margins between the two. Normally the markup and styles for this layout would look a bit like the following. Using the flexible grid formula we can take all of the fixed units of length and turn them into relative units. Notice, no matter how wide the parent container becomes, the section and aside margins and widths scale proportionally. Taking the flexible layout concept, and formula, and reapplying it to all parts of a grid will create a completely dynamic website, scaling to every viewport size. For even more control within a flexible layout, you can also leverage the min-width, max-width, min-height, and max-height properties. At times the width of a browser viewport may be so small that even scaling the the layout proportionally will create columns that are too small to effectively display content. Specifically, when the layout gets too small, or too large, text may become illegible and the layout may begin to break. In this event, media queries can be used to help build a better experience. Media Queries Media queries were built as an extension to media types commonly found when targeting and including styles. Media queries provide the ability to specify different styles for individual browser and device circumstances, the width of the viewport or device orientation for example. Being able to apply uniquely targeted styles opens up a world of opportunity and leverage to responsive web design. Initializing Media Queries There are a couple different ways to use media queries, using the media rule inside of an existing style sheet, importing a new style sheet using the import rule, or by linking to a separate style sheet from within the HTML document. Generally speaking it is recommend to use the media rule inside of an existing style sheet to avoid any additional HTTP requests. Common media types include all, screen, print, tv, and braille. The HTML5 specification includes new media types, even including 3d-glasses. Should a media type not be specified the media query will default the media type to screen. The media query expression that follows the media type may include different media features and values, which then allocate to be true or false. When a media feature and value allocate to true, the styles are applied. If the media feature and value allocate to false the styles are ignored. Logical Operators in Media Queries Logical operators in media queries help build powerful expressions. There are three different logical operators available for use within media queries, including and, not, and only. Using the and logical operator within a media query allows an extra condition to be added, making sure that a browser or devices does both a, b, c, and so forth. Multiple individual media queries can be comma separated, acting as an unspoken or operator. The example below selects all media types between and pixels wide. In the example below the expression applies to any device that does not have a color screen. Black and white or monochrome screens would apply here for example. Below, the expression selects only screens in a portrait orientation that have a user agent capable of rending media queries. In this case the media type is defaulted to all. Media Features in Media Queries Knowing the media query syntax and how logical operators work is a great introduction to media queries but the true work comes with media features. Media features identify what attributes or properties will be targeted within the media query expression. The height and width may be found by using the height and width media features. Each of these media features may then also be prefixed with the min or max qualifiers, building a feature such as min-width or max-width. The height and width features are based off the height and width of the viewport rendering area, the browser window for example. Values for these height and width media features may be any length unit, relative or absolute. These help build responsive websites on desktops and mobile devices equally, avoiding any confusion with device features. The min prefix indicates a values of

greater than or equal to while the max prefix indicates a value of less than or equal to. Orientation Media Feature The orientation media feature determines if a device is in the landscape or portrait orientation. The landscape mode is triggered when the display is wider than taller, and the portrait mode is triggered when the display is taller than wider. This media feature plays a large part with mobile devices. The min and max prefixes are available to use with the different aspect ratio features, identifying a ratio above or below that of which is stated. The value for the aspect ratio feature consist of two positive integers separated by a forward slash. The first integer identifies the width in pixels while the second integer identifies the height in pixels. These features do include the device-pixel-ratio feature as well as min and max prefixes. Specifically, the pixel ratio feature is great for identifying high definition devices, including retina displays. Media queries for doing so look like the following. The resolution media feature does accept the min and max prefixes. Additionally, the resolution media feature will accept dots per pixel 1. These features are less common but equally as helpful when needed. Media Query Browser Support Unfortunately media queries do not work within Internet Explorer 8 and below, as well as other legacy browsers. There are, however, a couple suitable polyfills written in Javascript. Additionally, keep in mind any polyfill can have performance concerns, and potentially slow down websites. Make sure that any given polyfill is worth the performance trade off. Media Queries Demo Using media queries we will now rewrite the flexible layout we built previously. One of the current problems within the demo appears when the aside width becomes uselessly small within smaller viewports. Adding a media query for viewports under pixels wide we can change the layout by turning off the floats and changing the widths of the section and aside. Perhaps too small to even contain any real content. Identifying Breakpoints Your instinct might be to write media query breakpoints around common viewport sizes as determined by different device resolutions, such as px, px, px, px, px, and so forth. This is a bad idea. When building a responsive website it should adjust to an array of different viewport sizes, regardless of the device. Breakpoints should only be introduced when a website starts to break, look weird, or the experience is being hampered. Additionally, new devices and resolutions are being released all of the time. Trying to keep up with these changes could be an endless process. Mobile First One popular technique with using media queries is called mobile first. The mobile first approach includes using styles targeted at smaller viewports as the default styles for a website, then use media queries to add styles as the viewport grows. Doing so is a waste of bandwidth. Bandwidth that is precious to any users looking for a snappy website. The mobile first approach also advocates designing with the constraints of a mobile user in mind. Before too long, the majority of Internet consumption will be done on a mobile device. Plan for them accordingly and develop intrinsic mobile experiences. A breakout of mobile first media queries might look at bit like the following. Rewriting this code to use the mobile styles first by default then adding media queries to adjust for viewports over pixels wide we build the following: Notice, this is the same amount of code as before. The only exception here is that mobile devices only have to render only one CSS declaration. All of the other styles are deferred, only loading on larger viewports and done so without overwriting any initial styles. Viewport Mobile devices generally do a pretty decent job of displaying websites these days. Sometimes they could use a little assistance though, particularly around identifying the viewport size, scale, and resolution of a website. To remedy this, Apple invented the viewport meta tag. Therefore, they may not interrupt media queries. Each value accepts either a positive integer or keyword. For the height property the keyword device-height value is accepted, and for the width property the keyword device-width is accepted. For the best results, and the best looking website, it is recommend that you use the device defaults by applying the device-height and device-width values. Viewport Scale To control how a website is scaled on a mobile device, and how users can continue to scale a website, use the minimum-scale, maximum-scale, initial-scale, and user-scalable properties. The initial-scale of a website should be set to 1 as this defines the ratio between the device height, while in a portrait orientation, and the viewport size. Should a device be in landscape mode this would be the ratio between the device width and the viewport size. Values for initial-scale should always be a positive integer between 0 and Generally speaking, this value will most commonly be set to 1. The minimum-scale and maximum-scale values determine how small and how large a viewport may be scaled. When using minimum-scale the value should be a positive integer lower than or equal to the initial-scale. Using the same reasoning, the maximum-scale

value should be a positive integer greater than or equal to the initial-scale. Values for both of these must also be between 0 and This would disable any zooming, which can be accomplished instead by using the user-scalable value. Setting the user-scalable value to no will disable any zooming. Alternatively, setting the user-scalable value to yes will turn on zooming.

6: html - Full width responsive website body image - Stack Overflow

I have a website that I am trying to make responsive, when I apply @media only screen and (min-width: px) and (max-width: px), the content area is cut off on the right hand side.

LinkedIn Making the design to be responsive is very easy as shown in my Responsive Design in 3 Steps tutorial, but maintaining the elements to look aesthetically balanced on all breakpoint layouts is an art. They are simple CSS properties such as min-width, max-width, overflow, and relative value â€" but these properties play an important part in responsive design. It makes the video embed to expand fullwidth to the boundary. The purpose of max-width is to prevent the element from extending the boundary. To fix it, add width: It sets the minimum width of an element. In the example form below, min-width is used on the input text field to prevent the input from getting very small when scaling down. Relative Values demo In responsive design, knowing when to use relative value can simplify the CSS and maximize the best layout result. Below are some examples. Relative Margin Below is an example of a commentlist where relative left margin is used to space out the threaded comments. Instead of using fixed pixel value, I used percentage value to space out the sub-lists. As shown on the left side of the screenshot, the content box in the sub-lists gets very small on mobile resolution if pixel left margin was used. Relative Font Size With relative value eg. For example, I can change the font size on all descendant elements by simply changing the font-size on the parent element. Relative Padding The screenshot below shows it is better to use relative percentage padding as opposed to fixed pixel padding. The box on the left shows an unbalanced padding space if pixel padding was used. The box with percentage padding on the right shows that the content area is maximized. This trick is extremely useful. You can clear the float from the previous element and keep the content running within the container by applying overflow: Word-break demo I also talked about the word-wrap property before. You can force unbreaking text eg.

7: 5 Useful CSS Tricks for Responsive Design - Web Designer Wall - Design Trends and Tutorials

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

8: The Value of Responsive Readings in Worship | For The Church

There are many more examples of how our school has used Responsive Classroom practices to support academic and social learning that are beyond the scope of this post. The flexibility of these practices is an attractive feature of this approach.

9: The Responsive Body: A Language of Contemporary Dance by Sara Porter

Responsive web design is broken down into three main components, including flexible layouts, media queries, and flexible media. The first part, flexible layouts, is the practice of building the layout of a website with a flexible grid, capable of dynamically resizing to any width.

THE RESPONSIVE BODY pdf

Traffic officer application form 2017 The influence of a soluble conjugate of sulfogalactosylceramide on the ATPase activity of bovine brain Hs The Case of the Frightened Rock Star Moro, lasso, al mio duolo Carlo Gesualdo A Hardys Day Night (Hardy Boys Graphic Novels: Undercover Brothers #10) Administrative subdivisions of Japan, with appendix of 47 prefectural maps Handbook of ozone technology and applications Can i my files on kindle Sisterhoods and deaconesses at home and abroad The Continuum Encyclopedia of American Literature Rock Mechanics 33rd Us Symposium David hows peter membrey mongodb basics Underlying concepts of room lighting for the intelligent layman. Expressive and creative arts methods for trauma survivors Peach Fuzz, Vol. 2 Superstring theory 25th anniversary edition Fashions of the Thirties CD-ROM and Book Paint (Little Crafts) Location planning and analysis stevenson A mind of his own Electronic circuit theory Manufacture of methyl ethyl ketone from 2-butanol Modernization and its discontents : state, society, and gender policy in the 1960s Madisons battery workers, 1934-1952 Managing hostile thoughts, feelings, and actions: the LifeSkills approach Redford B. Williams and Virgini Governing a changing United States In the wake of the goose-step Creating an excellent image Collective bargaining and market control in the New York coat and suit industry. VI. Extreme Unction 221 Dena gardiner exercise therapy book Regard profit as a means, not an end Danse Macabre (Anita Blake Vampire Hunter) The Labrador coast A story of two ways Bridge across Missouri River, near mouth of Kansas River. Readings in physical anthropology and archaeology Sumter County, Alabama Whill model a manual Charles Reade, dramatist, novelist, journalist